

## CLAIMS

1. A muscle-building preparation for use during rehabilitation after injury or post-injury surgery,  
5 the preparation comprising a composition comprising 42 to 55% by weight of protein, 12 to 20% by weight of fat, and 23 to 42% by weight of carbohydrate, on a dry weight basis of the total weight of the composition.
- 10 2. The muscle-building preparation according to claim 1 wherein the injury is a fracture, joint injury, pulled muscle, or sprain.
- 15 3. The muscle-building preparation according to claim 1 wherein the injury is a ligament injury.
4. A food comprising the muscle-building preparation of claim 1.
- 20 5. A food indicated as a food for muscle building during rehabilitation after injury or post-injury surgery, the food containing a composition comprising 42 to 55% by weight of protein, 12 to 20% by weight of fat, and 23 to 42% by weight of carbohydrate, on a dry weight  
25 basis of the total weight of the composition.
- 30 6. A method of building muscles during rehabilitation after injury or post-injury surgery, comprising the step of ingesting a muscle-building preparation for use during rehabilitation after injury or post-injury surgery, or a food comprising the preparation, within 1 hour after physical exercise, the preparation  
35 comprising a composition comprising 42 to 55% by weight of protein, 12 to 20% by weight of fat, and 23 to 42% by weight of carbohydrate, on a dry weight basis of the total

weight of the composition.

7. The method according to claim 6 wherein the  
injury is a fracture, joint injury, pulled muscle, or  
5 sprain.

8. The method according to claim 6 wherein the  
injury is a ligament injury.